

The Macrobiotic Brown Rice Cookbook By Craig Sams

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Craig Sams is the author of The Little Food Book (4.29 avg rating, 17 ratings, 2 reviews, published 2003), The Macrobiotic Brown Rice Cookbook (3.88 avg

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Craig Sams set up Green & Black's with wife Jo Fairley. Craig's passion for The Macrobiotic Brown Rice Cookbook and The Little Food Book. Related Artistes

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Craig Sams. Craig is one of the Craig became involved with organic food in India in 1965 after being cured of hepatitis through The Macrobiotic Brown Rice

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